

"Peekaboo" Waists Give Place to Fall Creations for Chill Autumn Breezes

MANY VARIETIES OF AUTUMN SHIRTWAISTS WITH NEW LEG O' MUTTON SLEEVES SHOWN



AWAY with the "peek-a-boo" shirtwaist and the gossamer daintiness of the lingerie dress waists! Now that the chill breezes of Autumn are whisking away the many-hued leaves from the branches of Portland's shade trees, taps have been sounded for the entire Summer wardrobe, which must now go into the lavender-scented seclusion of reserve boxes and cedar chests. Already the new Fall and Winter shirtwaists are appearing on the streets, and the local shops and out-fitters are making special displays of the new offerings.

The accompanying pictures show a few of the many varieties of Autumn shirtwaists in the new patterns and materials, from the stock of one of Portland's mammoth department stores.

Quite the smartest thing in shirtwaist materials, according to the exclusive dealers, are the novelty patterns in French twill and fine batiste, both of which materials are dainty, soft and safe for "tubbing." One of the very smartest patterns in French twill is shown in picture No. 2. The pattern is of softly-blended pinkish-gray stripes upon a cream background, and the cut is broad along the shoulder line, with knife platings in both back and front from shoulder seam to belt; the sleeves, which are rather scant of cut, are finished with a narrow cuff of wine-colored satin, and detachable linen cuffs are to be worn peeping from under this satin band, the effect being exceedingly smart and pretty. The collar is of linen, of the outstanding variety, and a tie of wine-colored satin is worn with it.

Brass buttons, which are a feature of the new waists, are used, the waist, of course, buttoning down the front.

Another smart little waist in novelty twilled goods, is shown in No. 1, which is a rather daring, but pretty and effective, pattern in plaid. The ground color is a dark green, with blendings of wine red and black, and narrow silk lines of canary yellow, forming large diagonal checks. Brass buttons are used at the cuffs and down the front, and a linen collar of the "turn-over" pattern is worn with it, a pretty bow tie of dark red silk adding the finishing touch. Narrow shoulder plaits, extending only half way to the bust line in the front, are used in this pattern.

These two waists, and that of checkered silk, in red and white, or black and white silk, shown in No. 3, are representative of the smart things in color to wear with the fallored suit. No. 5 shows a variety of the new linen shirtwaists, which come in white, with heavily embroidered patterns in white or color. All the new linen waists are heavily embroidered, floral and conventional patterns, and the "leg-o-mutton" sleeve, in an entirely new interpretation, is a distinctive feature of this class of garments. The waist

shown in No. 5 is of heavy white linen, with raised dots of golden brown down the front panels, and a high stock. It shows the new "leg-o-mutton" sleeve, which is made rather scant, even at the shoulder, and which is opened from wrist to elbow, the edges buttoning together with closely placed pearl buttons of diminutive size, and the sleeve

being extremely long, so that it extends out over the hand. A dainty little waist of batiste is shown in No. 4. Copenhagen blue dots, the size of a dime, are scattered over a cream background in this pattern, and the offerings show all manner of dainty combination of color in polka-dots, stripes, fleur de lis and other patterns.

The knife-plaited style, with the broad shoulder lines, and the long sleeves, with narrow cuffs to be worn with links or buttons, are leading features of this type of waist, which can be worn either with the severely smart linen collar and bow tie, or with a soft and dainty ruff of the prevailing style, as shown in the picture.

SOME TASTY DISHES OF WHICH OKRA IS IMPORTANT COMPONENT

Lilian Tingle's Correspondents Aid Her in Furnishing Recipes for Famous Viands of Dixieland.

BY LILIAN TINGLE.
MRS. B. A. (Portland), writes: "In The Oregonian (October 6) you spoke of some one asking for a recipe for using okra, and referred her to some Southern cook. As I am from that locality, I will send you a couple of recipes that were well tested in my good old Southern home. I also include recipes for two other favorite dishes from the Blue Grass region."

I thank Mrs. B. A., both on my own account and on behalf of my former correspondent, and I offer here the recipes for the benefit of other housekeepers who may be interested in Southern cookery. I have tasted such delicious things at the tables of certain Southern friends, and have heard so much of the charms of Southern delicacies that some day I firmly intend to take my suit case, notebook and camera of introduction in my hand and depart on a culinary pilgrimage way down south, to study these "good things to eat" in their native haunts. Here are the recipes:

Sliced okra—Take one dozen pods of young okra, wash thoroughly without breaking, and place in a saucepan with just enough hot water to cover. Boil about 10 minutes, or until the pods can be easily pierced with a fork. Pour off the water; season with salt and pepper; add a generous supply of butter, and serve at once in a very hot dish.

I tried this with stewed meat balls, boiled rice and tomato sauce, and I found the combination a very good one.

Okra soup—Cut up and skin one chicken. Try it in a skillet with one onion and two strips of salt bacon. When brown, add a little water; to rise out the pan and pour all into the soup pot. Add about two quarts water,

one pint tomatoes and let simmer. In a separate saucepan cook two pints of okra. Strain the soup to keep back the chicken bones, but put into it the tomatoes and pieces of bacon. Cut the chicken meat in small pieces and put back into the soup. Add the okra, and reheat. Season with pepper and salt.

Chicken gumbo—Joint and fry a chicken a light brown. Have a pot with about a gallon of hot water. Put in this one pint young okra sliced, one quart ripe tomatoes; four medium-sized potatoes, cut up fine; two onions, cut fine, and one small sweet red pepper. Chop the chicken meat fine and add to the soup. Thicken with half a cup of cream, or sweet milk, and a tablespoonful of flour. Just before serving add a large tablespoonful of butter.

This certainly sounds good and is quite a substantial meal in itself.

Stuffed green peppers, Southern style—Select equal sized sweet green peppers. Cut off the stem end and take out all the seeds. Drop the peppers into boiling water and cook five minutes. Drain and fill with one cup cold chicken, veal or tender beef, chopped and mixed with one cup cooked rice, one cup raw tomato, one small onion, chopped fine; salt to taste and one and a half tablespoons melted butter to every two cups of filling. Fill the peppers with this mixture, place on each one the stem end that was cut off. Set in a pan upright, pour in a little water and bake in a moderately hot oven three-quarters of an hour.

Fried green tomatoes, Southern style—Wash and dry the tomatoes. Cut in half-inch slices. Sprinkle with salt

and pepper; dredge with corn meal on both sides; dip each slice in beaten egg, then in dried and sifted bread or cracker crumbs. Sauté in a hot pan with clarified butter or dripping.

Another Southern correspondent, Miss N. H. Portland, writes: "Seeing a recipe for 'okra à la Creole' in a recent article of yours, I wonder whether you know a way of serving mutton, Creole style, of which we are very fond. You may publish the recipe if you think it good."

I do think it good, and here it is: Mutton à la Creole—Saute one tablespoon chopped green pepper and one tablespoon chopped onion in three tablespoons flour and when well mixed one cup brown gravy or good stock and one-half cup strained tomato pulp. Cook until thick. Season with pepper and salt; add one teaspoonful lemon juice, one tablespoon grated horseradish and a quarter teaspoonful sugar. In this sauce reheat one and a half cups cold mutton, cut in thin slices or cubes of equal size, free from fat and skin. When hot serve in a border of boiled rice or macaroni. Heat the mutton in a double boiler.

Along with all these Southern dishes I may add one which comes from a friend, on the other side the Pacific, who has achieved some small fame for her charming and distinctive dinners. Her charming and distinctive Southern personality has, of course, something to do with this; but to her native tact and social experience she adds a solid background of culinary knowledge.

Sweet potatoes, Georgia style—Season mashed boiled sweet potatoes with butter, salt, pepper and sherry. Add enough cream to moisten and beat with a wooden spoon or paddle until very light. Place in a baking dish or in individual ramekins, leaving an artistically rough surface. Pour over this a syrup made by boiling two table-spoons molasses (or brown sugar if molasses cannot be obtained) with one rounded teaspoon butter for three minutes. Bake the potatoes until the surface is delicately browned.

The mention of brown sugar on the potatoes reminds me of a glimpse of a domestic tragedy obtained some years ago on an Atlantic steamer. There

MESSAGE No. 4. HEALTH, COMFORT and STYLE

"BACK-RESTING" FOR MEDIUM AND SLENDER FIGURES

Nemo TRIPLE STRIP

"SELF-REDUCING" FOR EVERY TYPE OF STOUT WOMEN



The Nemo Corset Is The HYGIENIC Corset
Nemo Corsets bring HEALTH, because every Nemo is modeled according to hygienic laws—not haphazard, but scientifically and accurately, under expert advice.



NO OTHER CORSETS ARE SO MADE
Nemo Corsets bring COMFORT, even in the most extreme styles, because they are designed under the direction of skilled anatomists. No displacement nor crowding—no possible injury of any kind.

NO OTHER CORSETS ARE SO MADE
Nemo Corsets give perfect STYLE, because they correct unshapely forms, bring out the natural grace of every line, and are designed by genuine style-artists who are in close touch with the makers of fashions.

No. 351 \$4.00

No. 318 \$3.50

Every NEMO CORSET Does Something For You

The famous Nemo Self-Reducing Corset is to-day giving graceful shapeliness to more than a million stout women, bringing to each one Health, Comfort and Style.

The new Nemo Back-Resting Corset has already brought relief to thousands of women who suffer from a tired, aching back, giving to each improved Health, complete Comfort, and up-to-date Style.

All NEMOS Have Triple-Strip Re-Enforcement—Steels Can't Cut Through

NEMO BACK-RESTING CORSET No. 351. A beautiful model, for slender and medium figures. Long, sloping, clinging back, flat hip effect. The back steels cannot turn and dig into your flesh. In sizes 18 to 26 \$4.00

NEMO SELF-REDUCING CORSET The only corset ever made that positively reduces the abdomen with increased comfort and absolute hygienic safety. The new Flatting-Back models reduce both abdomen and hips, and make Princess effects possible to stout figures \$3.50

Model No. 312, for tall stout women; No. 320, same model, with Flatting-Back \$3.50
Model No. 314, for short stout women; No. 318, same model, with Flatting-Back \$5.00
No. 516, mercerized brocade; tall stout; No. 518, same material; short stout \$5.00
No. 517, French coutil; tall, Flatting-Back; No. 515, French coutil, bust supporters \$10.00
No. 1000—of finest imported French coutil, new triple reducing straps over hip—\$10.00

Nemo Corsets are sold in good stores throughout the world. Ask your dealer. Write us for booklet, "Hygienic Figure-Building," mailed free on request. KOPS BROS., Mfrs., San Francisco Office, 154 Sutter Street.

atoes, like you did that day an' poppa said d—"
Mother and child hastily left the dinner table. People often do that on the Atlantic. But in this case I don't think that the ocean or "the motion" was to blame; although from sounds outside the saloon doors it would certainly appear that the child was in pain or distress of some kind.

Y. M. C. A. SERVICES TODAY

F. C. W. Parker, Eastern Worker, to Deliver Principal Address.

F. C. W. Parker, who came recently from Boston, where for four and one-half years he was associate pastor of the Tremont Temple, is making his influence felt in local Y. M. C. A. work. Before going to Boston, he was pastor of the First Baptist Church in Chicago, where he was prominent in the work of the Y. M. C. A. While a business man in New York City he was active in the Twenty-third-street branch, and while at college in Brown University and Chicago Theological Seminary, he was an active participant in the college Association activities. His experience and qualifications makes him a man well qualified to speak on the importance of the Bible as a book for the young men to study and to know. He has chosen as the subject for his address at the Y. M. C. A. this afternoon "The Young Man's Book." Just before he speaks, Mrs. Reno Hutchinson will sing "My Mother's Bible."

3 to 4. The big meeting will be from 4 to 5 and at the close of the address a fellowship luncheon will be served to all who desire to stay. It has been planned this Winter to have some entertainment feature at these luncheons every Sunday afternoon. This time

as a whole hunter, will tell some incidents out of his life with the monsters of the deep. All men are welcome to the entire afternoon's programme.

COOKING MADE EASY

NO DIRT OR FIRE



ELECTRIC COOKING UTENSILS OF ALL KINDS

When not in use, all expense avoided by simply turning off the switch

COFFEE PERCOLATORS, TOASTERS, CHAFING DISHES, OVENS and Many Other Devices

SEE EXHIBIT AND DEMONSTRATION At Seventh and Alder Street Store, Daily

Portland Railway, Light and Power Company

PORTLAND, OREGON
MAIN 6688—PHONES—A 6131

Liver Pills

Ask your doctor if he knows a better pill for a sluggish liver than Ayer's Pills. Then follow his advice.

Ayer's Pills

It is impossible, simply impossible, for any one to enjoy the best of health if the bowels are constipated. Undigested material, waste products, poisonous substances, must be daily removed from the body or there will be trouble, and often serious trouble, too. Ayer's Pills aid nature, that is all.

We have no secrets! We publish the formulas of all our medicines.

J. C. AYER CO., Manufacturing Chemists, Lowell, Mass.